

COUNCILMAN MARK KERSEY

NEWS AND INFORMATION FROM THE FIFTH DISTRICT



District Five Community Update

OCTOBER 2020

Election 2020

Elections give us all an opportunity to play a role in history and shape our future. It is our right and privilege to choose the leaders who will make decisions that affect our lives in the coming years.

This election will be different from most due to the pandemic, so I've included some links to information about how to cast your ballot and other voting details.



Ballot Drop-Off Locations – While you can send your ballot via mail, there are also many locations to drop-off your ballot. [Click here for the list of sites that may be most convenient for you, including many City of San Diego Libraries.](#)

Where's My Ballot? – The Registrar of Voters has a tool that allows voters to electronically keep track of their ballots. [You can sign up for this feature here.](#)

Vote-By-Mail Facts – You may still have questions about voting. [Here are some facts about the election from the Registrar of Voters.](#)

Community Health

Free Flu Shots - Getting a flu shot this fall is more important than ever. Free flu shots are available from [the County of San Diego at clinic locations](#) and from Champions for Health at [various locations across San Diego.](#)

[Ballot Drop-Off Locations in the San Diego County](#)

[Guide to City Services](#) – What's open and what's closed

For the latest info on COVID-19 in San Diego County, [click here.](#)

Summary of County COVID-19 Cases by Zip Code

[Daily Update of COVID-19 cases in the County](#)

[Triggers to modify the County Health Order](#)



Community Update

Farewell to Pat Bean – This month my colleagues and I adjourned a City Council meeting in memory of RB Chorale founder Pat Bean. RB Chorale started with just 16 members in 1974 and grew to about 140 regular members. Performances at the Poway Center for the Arts raised over \$350,000 scholarships for music students. Pat believed in investing in our children. She was known for being encouraging and always giving people opportunities to sing. In 2013, she was inducted into the Rancho Bernardo Hall of Fame for her many contributions to the community. She will be greatly missed.



Apply for an Arts and Culture Grant – Do you have an Arts & Culture organization, project or festival that needs funding? Learn how to apply for funding from the City's Arts & Culture Commission by [clicking this link and attending a workshop](#). The application deadline is November 13.

PQ Spooktacular! – The Rancho Peñasquitos Town Council is holding a Halloween Spooktacular Drive-Thru event. This will be a safe and fun event featuring entertainment and photos. You can [RSVP at the RP Town Council's website for details](#).

Help an SDSU Grad Student by Taking a Survey – A grad student at SDSU is pursuing a master's degree in Big Data Analytics and has created a survey on Obstacles to Voting in San Diego. If you have some time, [please click here to participate](#).

COVID-19 Resources

Technology and Education Resources

If you're in need of assistance with technology and nutrition during school year, listed below are resources for families to access computers, internet and meals at lower cost.

Low Cost Computers:

[San Diego Futures Foundation](#) and [Computers 2 Kids](#)

Low Cost Internet:

[AT&T Access](#)

[Spectrum Internet Assist](#)

[Cox Communications - Connect2Compete](#)

[Scripps Health Nurse Line](#)

888-261-8431

[Sharp Healthcare Nurse Line](#)

800-827-4277

[UC San Diego Health Nurse Line](#)

800-926-8273

[Kaiser Permanente Information Line](#)

877-813-7297

[Palomar Health Information](#)

[San Diego Parks and Recreation](#)

[San Diego Public Library](#)

[San Diego Reservoirs and Lakes](#)

Free and Reduced Priced Meals - You can apply for free and reduced meal prices at:
[Poway Unified School District](#)
[San Diego Unified School District](#)

Health Resources

Patients with confirmed COVID-19 infection have reported mild to severe respiratory illness with symptoms of:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

The Center for Disease Control believes that symptoms of COVID-19 may appear in as few as 2 days or as long as 14 days after exposure. If you get sick, the CDC has instructions on [what to do and how to care for yourself at home](#).

How to Prevent Getting Sick – The CDC has recommendations on how to prevent contracting the virus. Take a look at updated suggestions on [how to protect yourself and others on the CDC website](#).

Mental Health Resources

The outbreak of infectious diseases such as COVID-19 can be stressful for individuals and communities. It is not uncommon to feel anxious or worried while listening to, reading or watching the news. While it's necessary to keep up-to-date and make changes to daily life in order to help control the spread of COVID-19, the constant news cycle coupled with social distancing measures can have a real impact on mental health. Find resources to manage your mental health for [families, parents and caregivers here](#).

Access and Crisis Line – The San Diego Access and Crisis Line is operated by OptumHealth and offers SD County residents free confidential counseling and community resources. Staff are master's level and/or licensed mental health professionals who provide [compassionate and knowledgeable support to callers](#).